



**IJF Refereeing Rules update  
Olympic cycle 2022-2024**

**Applicable from the Odivelas Grand Prix, Portugal, January 28-30, 2022**

**Decision 1:**

Scoring for actions that, without stopping, are a continuation of techniques.

If there is a stop in the action, there is no score.

**Decision 2:**

Waza-ari criteria comprises landing on the whole side of the body at 90 degrees or more to the rear, or on one shoulder and upper back. A score will be given for a whole side of the body landing even when the elbow is out. Hip and shoulder position must be considered.

**Decision 3:**

Waza-ari criteria comprises landing on the whole side of the body at 90 degrees or more to the rear, or on one shoulder and upper back. A score will be given for a whole side body landing even when the elbow is out.

**Decision 4:**

Landing simultaneously on 2 elbows or hands, towards the back, is waza-ari for tori and shido for uke.

**Decision 5:**

No score for counter techniques where the initial attack is rolled to the back, towards the counterattacking or defending judoka.

**Decision 6:**

No score and shido for reverse seoi-nage.

**Decision 7:**

Gripping under the belt in the end phase of a throwing technique is allowed if the opponent is already in ne-waza. If the throwing technique is interrupted, gripping under the belt is a ne-waza action.



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**Decision 8:**

**Collar and lapel grips are allowed if not negative.**

**Decision 9:**

**Belt grip, one side grip, cross grip, pistol grip and pocket grip are not traditional grips. If taken, time will be allowed for the preparation of an attack.**

**Decision 10:**

**Breaking the grips with one or two hands and immediately taking grips is allowed.**

**Breaking grips with one or two hands and not taking a grip immediately is shido.**

**Decision 11:**

**Retying and arranging judogi and hair is allowed once per judoka per contest. Further occasions are penalised with shido.**

**Decision 12:**

**Techniques using head diving are dangerous and will be penalised with hansoku-make.**

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